



## Lasagna of Roasted Butternut Squash

READY IN



180 min.

SERVINGS



10

CALORIES



917 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 10 servings pepper black freshly ground
- 10 servings butter for dish
- 2 large butternut squash
- 2 large eggs
- 3 tablespoons fennel seeds
- 0.5 cup flour all-purpose
- 1 tablespoon sage leaves fresh finely chopped
- 2 teaspoons garlic minced

- 2 teaspoons ground cinnamon
- 1 pound lasagna sheets dried ( 24 sheets)
- 1 pound mozzarella cheese grated
- 0.5 teaspoon nutmeg freshly grated
- 1 teaspoon nutmeg freshly grated
- 3 tablespoons olive oil extra-virgin
- 10 servings olive oil extra-virgin
- 1 cup parmesan freshly grated
- 2 cups ricotta cheese (or a 15-ounce container)
- 1 tablespoon sage minced
- 2 teaspoons salt
- 10 servings salt
- 6 tablespoons butter unsalted
- 2 quarts milk whole

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- whisk
- pot
- baking pan
- aluminum foil
- mortar and pestle
- cutting board

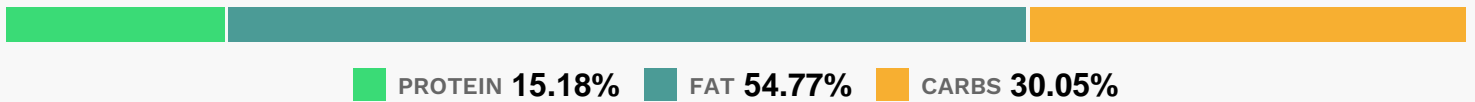
peeler

## Directions

- Preheat the oven to 400 degrees F.
- Using a vegetable peeler, remove the squash's hard shell. Trim about 1/2-inch off the top and bottom ends so you can set each section of the squash flat on a cutting board.
- Cut the squash in half lengthwise. Scoop the seeds out with a spoon, and coarsely chop the squash into 1/2-inch chunks. Line a baking sheet with aluminum foil. In a bowl, toss the squash with the oil, sage, spice blend, and 1 teaspoon salt and fresh ground pepper.
- Spread the squash in a single layer on the baking sheet. Roast the squash in the oven until very soft and beginning to brown, 40 to 50 minutes, stirring once or twice.
- Remove the squash from the oven and puree in a food processor with fresh nutmeg.
- In a large bowl, mix the squash puree, ricotta, Parmesan, eggs, 1 teaspoon salt, and 1/2 teaspoon pepper. Cover and refrigerate the mixture until ready to use.
- In a large pot of boiling, salted water, cook the lasagna sheets until al dente.
- Drain the sheets and spread them on a baking sheet.
- Drizzle them lightly with oil and set aside.
- Prepare the sauce: In a large saucepan, bring the milk to a slow simmer over medium heat. In a large pot, melt the butter over medium-low heat.
- Add the sage and garlic to the butter, cook for 30 seconds, then add the flour and stir.
- Add about 3 cups of the milk, and whisk vigorously to prevent lumps. Bring to a boil, while whisking continuously.
- Add the remaining milk and whisk again.
- Add the salt, pepper, and nutmeg. Adjust the heat to low to maintain a slow simmer, and cook until the sauce coats the back of a spoon, about 5 minutes, whisking frequently.
- Remove the saucepan from the heat. Makes about 8 cups.
- Preheat the oven to 375 degrees F.
- Butter a 9 by 13-inch baking dish. Spoon a ladle of bechamel into the dish and spread to coat the bottom.
- Place a single layer of lasagna sheets on top of the bechamel.

- Spread some of the squash mixture evenly over the lasagna sheets and sprinkle about 2 tablespoons of mozzarella cheese and 1 tablespoon of grated Parmesan on top. Repeat this step until all ingredients are used, starting with 2 to 3 ladles of bechamel for each layer. Keep building the layers until the pan is full to about 1/4-inch from the top. Finish with cheese and sauce directly over the noodles.
- Bake in the middle of the oven for about 1 hour.
- Remove the cover, and continue cooking for another 15 minutes until golden brown and bubbling. Allow lasagna to rest before slicing.
- Serve warm.
- To assemble the lasagna: .
- Grind fennel with mortar and pestle.
- Add the cinnamon and salt and continue grinding. Or grind in spice grinder for a rough grind.

## Nutrition Facts



### Properties

Glycemic Index:52.5, Glycemic Load:21.33, Inflammation Score:-10, Nutrition Score:39.666522067526%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 916.86kcal (45.84%), Fat: 56.58g (87.05%), Saturated Fat: 25.24g (157.77%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 64.1g (23.31%), Sugar: 14.46g (16.07%), Cholesterol: 156.65mg (52.22%), Sodium: 1275.43mg (55.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.29g (70.57%), Vitamin A: 1725IU (345.02%), Copper: 3.94mg (197.16%), Calcium: 810.73mg (81.07%), Selenium: 55.6µg (79.43%), Phosphorus: 675.84mg (67.58%), Manganese: 1.14mg (57.18%), Vitamin B12: 2.46µg (40.94%), Vitamin B2: 0.67mg (39.24%), Vitamin C: 32.09mg (38.9%), Vitamin E: 5.52mg (36.8%), Magnesium: 129.79mg (32.45%), Potassium: 1076.28mg (30.75%), Zinc: 4.11mg (27.43%), Vitamin B1: 0.39mg (25.86%), Vitamin B6: 0.5mg (24.79%), Fiber: 5.76g (23.04%), Vitamin B5: 1.92mg (19.2%), Folate: 75.34µg (18.83%), Vitamin D: 2.74µg (18.26%), Iron: 3.22mg (17.92%), Vitamin B3: 3.4mg (17.01%), Vitamin K: 16.43µg (15.65%)